



Pumpkin Chocolate Muffins

Makes: 24 Muffins

Ingredients

2 cups all-purpose flour

3/4 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 cup cocoa powder

1 can pumpkin

1 cup water

1/2 cup chocolate chips


Directions

1. Whisk all the dry ingredients together. Add pumpkin and

Nutrition Information

Nutrients	Amount
Calories	89
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	76 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	9 g
Added Sugars included	8 g
Protein	2 g
Vitamin D	0 IU
Calcium	21 mg
Iron	1 mg
Potassium	88 mg
N/A - data is not available	

MyPlate Food Groups

	Grains	1/2 ounce
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water.

2. Fold the wet ingredients into the dry ingredients until just combined. Fold in chocolate chips.

3. Place batter into 24 prepared muffin tins and bake at 350°F for 10-12 minutes.

Source: Michigan State University Extension - Midland County. With Veggies, More Matters!